

BODYCOMBAT

84

MUSIC

01A. UPPER BODY WARM-UP

01B. LOWER BODY WARM-UP

02. COMBAT 1

03. POWER TRAINING 1

04. COMBAT 2

05. POWER TRAINING 2

06. COMBAT 3

07. MUAY THAI

08. POWER TRAINING 3

09. CONDITIONING

10. COOLDOWN

GLOSSARY

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THE HISTORY OF MARTIAL ARTS

THE HISTORY OF BOXING

Boxing is a combat sport where two participants, generally of similar weight, fight each other with only their fists. Boxing is supervised by a referee and is typically performed inside a ring with rounds lasting 1 to 3 minutes. There are three ways to win:

- Victory is achieved if the opponent is knocked down and unable to get up before the referee counts to 10 seconds; this is called a knockout or KO.
- If the opponent is deemed too injured to continue, this is called a technical knockout or TKO.
- If there is no stoppage of the fight before an agreed number of rounds, a winner is determined either by the referee's decision or by judges' scorecards.

There are four basic punches in Boxing: Jab, Straight Right/Cross, Hook and Uppercut.

THE HISTORY OF KARATE

Karate is a Martial Art that is centuries old and essentially Japanese. The translation of 'kara' is open and the translation of 'te' is hand. So Karate means 'empty hand'.

- Karate training is commonly divided into three sections:
- Kihon (the basics or fundamentals)
- KATA (forms)
- Kumite (sparring).

THE HISTORY OF MUAY THAI

Muay Thai is referred to as 'The Art of Eight Limbs', as the hands, shins, elbows and knees are all used extensively in this art. A practitioner of Muay Thai (nak muay) thus has the ability to execute strikes using eight 'points of contact', as opposed to 'two points' (fists) in Western Boxing and 'four points' (fists, feet).

Muay Thai is the national sport of Thailand.

THE HISTORY OF KUNG FU

Kung Fu consists of a number of fighting styles that were developed over many centuries.

Essentially this is a Chinese Martial Art, practised by Shaolin monks. Those fighting styles are identified as 'families' or schools. Examples of these styles are physical exercises that mimic movements from animals.

There are five animal forms:

- The Dragon
- The Snake
- The Tiger
- The Crane
- The Leopard or Panther.

THE HISTORY OF TAE KWON DO

Tae Kwon Do is a Korean Martial Art. The word 'tae' means 'to strike or break with foot'; 'kwon' means 'to strike or break with fist'; and 'do' means 'way', 'method', or 'art'. So, 'Tae Kwon Do' may be loosely translated as 'the way of the foot and fist' or 'the way of kicking and punching'.

Tae Kwon Do is a flamboyant Martial Art that is agile, fast and precise; it is 90% feet and only 10% hands.



MUSIC

- 01A

Real Good Feeling (3:13)

Oh The Larceny

© 2019 Position Music.
Written by: Wells, Burnett
- 01B

AVA (3:49)

Garmiani

© 2019 SpinninRecords.com.
Written by: Garmiani
- 02

Dear Future Self (Hands Up) (4:22)

Fall Out Boy feat. Wyclef Jean

Courtesy of the Universal Music Group.
Written by: Jean, Wentz, Stump, Trohman, Hurley, Noonie, Alina, Wallin, Siverstedt, Morelli
- 03

Let It Go (5:20)

Murdock feat. M’Leah

© 2019 Viper Recordings.
Written by: Unknown
- 04

Shankara
(Sunburn Goa 2019 Anthem) (6:12)

Mariana Bo

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Written by: Unknown
- 05

1995 (4:43)

Bunji Garlin

Courtesy of VP Music Group.
Written by: Alvarez
- 06

Life Long After Death (4:00)

QUIX & Adventure Club feat.
badXchannels

Licensed Courtesy of Dim Mak Records, Inc., Adventure Club appears courtesy of Ultra Records, LLC.
Written by: Schnell, Srigley, Callou, Owens, Ron
- 07

Gasoline (5:28)

Party Favor & Nonsens

© 2019 Area 25 under exclusive license to Decent Distribution.
Written by: Ragland, Nielsen, Korsby, Espersen
- 08

Not Givin In (Fred V Remix) (6:41)

Tom Walker

© 2019 Relentless Records under exclusive licence to Sony Music Entertainment UK Limited
Written by: Walker
- 09

Mama Said Knock You Out (4:08)

LL Cool J

Courtesy of the Universal Music Group.
Written by: J. McCants, L. McCants, Williams, Smith
- 10

Will It Go Round In Circles (4:28)

Billy Preston

Courtesy of the Universal Music Group.
Written by: Fisher, Preston



L-R: Natasha Vincent, Dan Cohen, Rachael Newsham and Vili Fifita

Power, speed, excitement, drama and mastery brings alive BODYCOMBAT 84th release. The music has the bass line that motivates and inspires, so bring your singing voices and your ‘no retreat and never surrender’ attitude. There are some incredible standout moments. Track 2 showcases the “grab and stomp” while Tracks 3 and 8 are connected by their Front Stance and Boxing combinations to ensure familiar movement style throughout the workout. Bring your best version of yourself when it comes to Tracks 4, 5 and 7 as these tracks will bring out the inner fighter in you where holding on is needed more than ever.

As always, keep it real and stay with the fight!

The BODYCOMBAT team

Dan Raeh☺

CREDITS

- Program Directors** – Dan Cohen & Rachael Newsham
- Chief Creative Officer** – Mark Nu’u-Steele
- Creative Director** – Diana Archer Mills
- Technical Consultants** – Andrew Newmarch
- Production Coordinator** – Nicole Vendel

PRESENTERS

- Dan Cohen** (United Kingdom) is co-Program Director for BODYCOMBAT and CXWORX and a passionate mixed martial artist based in Auckland.
- Rachael Newsham** (United Kingdom) is co-Program Director of BODYCOMBAT and Program Director of SH’BAM. She is based in Auckland.
- Vili Fifita** (New Zealand) is a BODYCOMBAT, BODYPUMP, LES MILLS CEREMONY, LES MILLS CONQUER, LES MILLS SPRINT, LES MILLS TONE and LES MILLS THE TRIP Instructor and a LES MILLS GRIT Trainer/Presenter. He also works in the engineering industry in Auckland.
- Natasha Vincent** (New Zealand) is a BODYCOMBAT, LES MILLS CEREMONY and LES MILLS TONE Instructor and a LES MILLS GRIT Trainer/Presenter. She is based in Auckland and is the Group Fitness Manager at Auckland City for LES MILLS CEREMONY, LES MILLS CONQUER and LES MILLS GRIT.



EXPRESS FORMATS

45-MINUTE FORMAT

Track 01A	Upper Body Warm-up
Track 01B	Lower Body Warm-up
Track 02	Combat 1
Track 03	Power Training 1
Track 04	Combat 2
Track 05	Power Training 2 (MMA circuit or Bonus Boxing track 5)
Track 06	Combat 3
Track 07	Muay Thai
Track 09	Conditioning
Total Time	41:15

30-MINUTE FORMAT

Track 1A	Upper Body Warm-up
Track 1B	Lower Body Warm-up
Track 02	Combat 1
Track 03	Power Training 1
Track 07	Muay Thai
Track 09	Conditioning
Track 10	Cooldown
Total Time	28:48

Please note: The 30 and 45-minute class formats have been customized for this release.

NEW MIXED EXPRESS FORMATS

We have updated the Express formats that should be used when mixing releases. From now on, when teaching a mixed 45-minute or 30-minute class, the following formats should be used:

45-MINUTE FORMAT

Track 01A	Upper Body Warm-up
Track 01B	Lower Body Warm-up
Track 02	Combat 1
Track 03	Power Training 1
Track 04	Combat 2
Track 05	Power Training 2 (MMA circuit or Bonus Boxing Track 5)
Track 06	Combat 3
Track 07	Muay Thai

EITHER Track 8 Power Training 3, OR Track 9 Conditioning, OR Track 10 Cooldown

Please note: Choose your final track based around time, aiming for 42-43 minutes of music

30-MINUTE FORMAT

Track 1A	Upper Body Warm-up
Track 1B	Lower Body Warm-up
Track 02	Combat 1
Track 03	Power Training 1
Track 07	Muay Thai

EITHER Track 9 Conditioning OR Track 10 Cooldown

Please note: Choose your final track based around time, aiming for 26-27 minutes of music

We will continue to provide a release-specific recommended option in each set of choreography notes as well. We believe this change is more straightforward, as well as keeping the class in the order in which it was designed, and we hope you enjoy teaching these formats!



KEY

AIK	Aikido	BJJ	Brazilian Jiu Jitsu
BOX	Boxing	CAP	Capoeira
KAR	Karate	KB	Kick-boxing
KF	Kung Fu	MA	Martial Arts
MMA	Mixed Martial Arts	MT	Muay Thai
TKD	Tae Kwon Do	B up	Build up
Br	Bridge (non-chorus)	C	Chorus
F&B	Forward and backward	HOH	Hands on hips
Instr	Instrumental	Intro	Introduction
L	Left	R	Right
Mins	Minutes	O/H	Over head
OTS	On the spot	Outro	Last few bars of music
PC	Pre-chorus	QC	Quiet chorus
Ref	Reference	Seq	Sequence
V	Verse	Vox	Voice
Preview			

HEY INSTRUCTORS

When it comes to mixing up past releases, please try to select tracks from the most recent material to reflect current moves, music and training principles. If you are teaching older choreography, be sure to mix with modern tracks and do not change the choreography; teach the tracks as they were created but you can apply more modern language and terminology.

RELEASE FEEDBACK

Tell us what you think of this release.
Visit <http://www.lesmills.com/release-feedback>



01A. UPPER BODY WARM-UP

TRACK FOCUS

We start the class with a “Real Good Feeling” in this uplifting Upper Body Warm-up! Focus on gently warming up and preparing the body and brain for the workout ahead. Clearly coach the strikes to build confidence in the combination. The combination is then used when traveling laterally to get the heart rate up – it’s featured again in Track 3, so the body and brain need to be ready!

FEEL

Upbeat, Energetic, Positive

MARTIAL ART

Boxing

MUSIC			EXERCISE		CTS	REPS
0:10	Intro / (Escalating sound)	3x8		L Combat Stance Hold Pulse F, B	16 2	4x
0:15	V1 / I woke up feeling like	8x8	A	L Jab x2 Pulse F, B x2 Add step F to Jabs after 4 reps	4 4	8x
0:44	C / Got a real good feeling	8x8	A ¹	L Jab x2 L Jab, R Cross Twist to B, F	4 2 2	8x
1:12	Br / Got a real good feeling	1x8		Transition to R Combat Stance	8	
1:16	V2 / This place is jumping off	8x8	A	R Jab x2 Pulse F, B x2 Add Step F to Jabs after 4 reps	4 4	8x
1:44	C / Got a real good feeling	8x8	A ¹	R Jab x2 R Jab, L Cross Twist to B, F	4 2 2	8x
2:12	Br / Got a real good feeling	½x8		Transition to Front Stance	4	
2:14	Instr	3½x8	B	L, R Uppercut	4	7x
2:27	Let me tell you something	4x8	B ¹	L, R Uppercut x2 L, R Hook	4 4	4x
2:40	(Fade out)	½x8		Hold and transition to L Combat Stance , facing L	4	
2:43	C / Got a real good feeling	8x8	C	L Walking Jab x2, L Jab, R Cross to L side Twist to face R R Walking Jab x2, R Jab, L Cross to R side Twist to face L (Add Jump to Jabs after 2 reps)	6 2 6 2	4x
3:12	Outro / Got a real good feeling	½x8		Freeze and prepare for Lower Body Warm-up	4	



01A. REAL GOOD FEELING 3:13mins

FUNDAMENTALS

Bring the sense of positivity, enjoyment and energy to this Upper Body Warm-up – the “Real Good Feeling”!

This sets up a great atmosphere and mind set for members as they prepare their muscles and mind for the workout ahead. This gives great contrast to the Lower Body Warm-up, which has a more serious and focused feel.

TECHNIQUE & COACHING

JAB X2, PULSE

Layer 1

- Right Combat Stance
- Boxing Guard
- 2 Right Jabs, pulse forward and back
- Chin tucked in

Layer 2

- “Draw elbows in towards your ribcage to protect your body armor”
- Warming up the muscles of the shoulders
- Light punches – no power, just relax
- Start to push forward from the back foot to bridge the gap
- The Jab is the best weapon, a good range gauge

Layer 3

- I got a good feeling about this side!
- Have you got a good feeling going on?!
- Try and step on the Jab now!... Can you move a little faster?

JAB X2, JAB, CROSS, TWIST



Layer 1

- Add a Jab, Cross and then Twist to the back
- Target nice and high, just above shoulder line

Layer 2

- Elbows stay close to ribcage on the Twist
- This is a great way to warm up the muscles of the core
- As you rotate feel the mobilization through your upper body

Layer 3

- The Jab is fast, like there’s lightning in it!
- Great combo to warm the body and brain

UPPERCUT

Layer 1

- Feet wide into Front Stance
- Uppercut, right and left
- Vertical strike

Layer 2

- Bend knees and sink into the strikes
- Rotate the shoulder in and forwards

Layer 3

- “Right now, right now”!

UPPERCUT X4, HOOK X2

Layer 1

- 4 quick Uppercuts
- Hook right, Hook left

Layer 2

- Sink down on Uppercuts, stand up on Hooks
- On the Hook, let your hip and heel unwind



01A. REAL GOOD FEELING 3:13mins

WALKING JAB X2, JAB, CROSS, TWIST

Layer 1

- Walk and Jab, 2 times
- Jab, Cross, turn
- It's the same combo but to the side

Layer 2

- Take your shoulders, trunk, hips, knees and feet with you – especially on the turn
- This time, take off and land with both feet as you Jump-Jab to the side
- Drive off your back leg to jump

Layer 3

- I got a real good feeling!
- What a great way to get your heart rate up – can you feel that?!



01B. LOWER BODY WARM-UP

TRACK FOCUS

Time to fire up the legs and glutes with a great Lower Body Warm-up. This track has a darker, more serious feel and brings our focus into learning how to execute lower body strikes efficiently. Coach and role-model the moves with this in mind.

FEEL

Atmospheric, Dance, Focused

MARTIAL ARTS

Kick-Boxing, Tae Kwon Do and Karate

MUSIC			EXERCISE		CTS	REPS
3:14	V1 / Oh yeah	1x8	Front Stance		8	
			Squat and prepare for Adductor Stretch			
3:16	Oh yeah	3x8	A	R Adductor Stretch – Lean L	2	5x
				L Adductor Stretch – Lean R	2	
				Hands on knees and roll up	4	
3:27	B up / Oh yeah	8x8	B	L Knee x2	4	4x
				Pulse OTS	4	
				R Knee x2	4	
				Pulse OTS	4	
				👁 R Knee, R Front Kick on last rep		
3:53	C / (Dance & steel drums)	8x8	B ¹	L Knee, L Front Kick	4	4x
				Pulse OTS	4	
				R Knee, R Front Kick	4	
				Pulse OTS	4	
				Transition to L Combat Stance on last 4cts		
4:19	V2 / Oh yeah	4x8	C	L Combat Stance		4x
				L Roundhouse Kick Set-up	4	
				Pulse OTS	4	
4:32	B up /	4x8	C ¹	L Roundhouse Kick	4	4x
				Pulse OTS	4	
4:46	C / (Dance & steel drums)	8x8	C ²	Shuffle F	4	4x
				L Roundhouse Kick	4	
				Shuffle B	4	
				L, R Scissor x2 – face R	4	
				Transition to Front Stance on last 4cts		
5:12	V3 / Oh yeah	8x8	D	Front Stance	4	4x
				L Side Kick	4	
				Pulse OTS	4	
				R Side Kick	4	
				Pulse OTS		
5:39	C / (Dance & steel drums)	8x8	D ¹	Shuffle to L	4	4x
				L Side Kick	4	
				Shuffle to R	4	
				R Side Kick	4	
				Transition to R Combat Stance on last 4cts		



01B. LOWER BODY WARM-UP

MUSIC		EXERCISE		CTS	REPS
6:05	V4 / Oh yeah	4x8	C	R Combat Stance R Roundhouse Kick Set-up Pulse OTS	4 4 4x
6:18	B up /	4x8	C ¹	R Roundhouse Kick Pulse OTS	4 4 4x
6:32	C / (Dance and & drums)	8x8	C ²	Shuffle F R Roundhouse Kick Shuffle B R, L Scissor x2 – face L (Jump feet together and arms by sides to finish!)	4 4 4 4 4x



01B. AVA 3:49mins

FUNDAMENTALS

There are some great musical highs and lows in this track. Consider how you will match your voice, body animation and facial expressions to these.

TECHNIQUE & COACHING

ADDUCTOR STRETCH



Layer 1

- Feet wide, bend knees
- Shift body weight right and left
- Chest lifted, hips sit back and down

Layer 2

- Mobilize before we move into the kicks and warm up the lower body

KNEE X2, PULSE OTS

Layer 1

- Front Stance, Boxing Guard
- Double Right Knee
- Pulse on the spot
- Target stomach with top of knee
- Knee lifts to waist height, hands pull down to hip

Layer 2

- Karate, Kick-boxing, Tae Kwon Do, Kung Fu – all have this move in common
- The Knee comes up the center line
- Heel to butt, hips drive forwards – this is where the power comes from

KNEE, FRONT KICK, PULSE OTS

Layer 1

- 1 Knee, 1 Front Kick
- Kick low, aim for waist down
- Front Kick strikes with ball of foot
- Keep knee soft as you extend leg into kick

Layer 2

- Two phases to the Kick – open and close at the knee
- To help bring power to your Kick, try swinging the outside arm
- Use your hip to drive the Kick up and forward

ROUNDHOUSE KICK SET-UP

Layer 1

- Right Combat Stance
- Set back heel towards front and lean away
- Lift shin to near parallel to the floor
- Brace abs to help balance

Layer 2

- Knee close to hip level, increasing the stretch in the hip flexors
- Bend your supporting knee a little more to find great balance

Layer 3

- “Oh yeah” you hear that “oh yeah”!

ROUNDHOUSE KICK

Layer 1

- Strike with shin down to foot
- Start low to begin
- Extend right arm out for balance
- “Out-in-down”

Layer 2

- Think about length, try to stretch the Kick
- It’s not about height, it’s about length – stretch the leg
- Try and whip your heel back to your butt to warm your hamstrings



01B. AVA 3:49mins

SHUFFLE F, ROUNDHOUSE KICK, SHUFFLE B, SCISSOR X4

Layer 1

- Time to move – shuffle forward
- Roundhouse Kick right leg
- Shuffle back
- Scissor to the side – right, left, right, left
- Bend your knees and lean into the Scissor

Layer 2

- Next time you do the Scissor try and take the stride longer

SIDE-KICK

Layer 1

- Front Stance
- Low Right Side-kick
- Pulse on the spot
- Left leg Side-Kick
- Set the heel and then lean away from the target

Layer 2

- Think out, in – retraction is the key
- Retracting the kick gives us control and that's how we master the exercise

SHUFFLE SIDE-KICK

Layer 1

- Shuffle to the right
- Side-Kick with big retraction
- Keep the Kick low with control
- Brace abs tightly as you lean away

Layer 2

- Think about the outward phase, just a little bit more power
- Drive the Side-Kick using your glute



02. COMBAT 1

TRACK FOCUS

First workout track and it really lifts the heart rate. It combines power and skill training with a Kick-boxing feel. The Stomp Kick is the feature new move and is an awesome new addition to the variety of moves for BODYCOMBAT! Bring this strike to life with enjoyment and physical power, helping encourage your members to do the same.

FEEL

Vocal, Pop, Contrasting

MARTIAL ART

Kick-Boxing

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / (Percussion)	2x8		Recover and introduce track	16	
0:06	(Percussion & distorted lyrics)	8x8	A	Front Stance L, R Running Man Knee (Level 2 after 8 reps)	4	16x
0:28	V1 / We prepared for the turbulence	8x8	B	L, R Jab x2 L, R Hook (Level 2 after 4 reps)	4 4	8x
0:51	C / Hands up, ready for the boom	8x8	A	L, R Running Man Knee (Level 2 after 8 reps)	4	16x
1:13	Br / _ She's windin' like she's losing	5x8	C	L Combat Stance L, R Uppercut Step R, L (Add Weave after 2 reps)	4 4	5x
1:27	V2 / She said this is a surprise visit	7x8	D	L Jab, R Cross L Hook Pulse F, B x2 👁 R Stomp Kick (on last 4cts)	2 2 4	7x
1:47	C / Hands up, ready for the boom	8x8	D ¹	L Jab, R Cross L Hook R Stomp Kick	2 2 4	8x
2:10	Br / _ She's windin' like she's losing	5x8	C ¹	L, R Uppercut Step R Weave, Step L Weave	4 4	5x
2:24	C / Haaaaaaands up!	8x8	A	Front Stance L, R Running Man Knee (Level 2 after 8 reps)	4	16x
2:47	REPEAT SEQUENCES C to 3rd A – R R knee finish! (Add Weave to Uppercuts from rep 1)					



02. DEAR FUTURE SELF (HANDS UP) 4:22mins

FUNDAMENTALS

Coach and role-model the gear changes in the Running Man Knees to lift the heart rate. Use this layered approach in the Uppercuts, Weave sequence as well in order to help members pick up the moves, footwork and timing before adding in more intensity. Show maximum enjoyment and power in the new move – the Stomp Kick!

TECHNIQUE & COACHING

RUNNING MAN KNEE

Layer 1

- Front Stance
- Running Man Knee, right, left
- Drive knee up and pull arms down
- Brace abs tightly
- Time to take our heart rate up and learn some skills

Layer 2

- Elbows pull down harder and knee lifts higher
- Weight exchange, find your rhythm
- Shoulders forward, hips back and cycle the legs

Layer 3

- Gear change! Can you keep pushing a little harder?!
- Let's see who can pull down with the biggest force
- Only 30 seconds left – all the way team!

JAB X4, HOOK X2

Layer 1

- Feet wide – boxing guard
- Jab, right, left, 4 times
- Hook right, left

Layer 2

- Sit down on the Jabs, stand up on the Hooks
- Try to unwind your hip and heel to create a little bit more power, especially in the Hook

UPPERCUT X2, STEP AND WEAVE OUT/IN

Layer 1

- Right Combat Stance
- Uppercut right, Uppercut left
- Step left, step right
- Just get the step pattern first
- Now bring the shoulders down and up, a small weave

Layer 2

- Tuck your chin in and draw elbows close to ribcage
- This time, there's a piece of rope – try and get under

Layer 3

- There's some great-looking Weaves out there!
- Can you feel your abs working hard?

JAB, CROSS, HOOK, PULSE

Layer 1

- Jab, Cross, Hook – right, left, right
- Pulse forward and back

Layer 2

- Stay light on your feet
- Notice how you lean in on your strikes; more body weight for more power

JAB, CROSS, HOOK, STOMP KICK



Layer 1

- 1 grab, 1 stomp!
- Reach hands forward, pull back and add the Stomp Kick
- Brace abs as you lean back on the Kick

Layer 2

- When you breathe out it makes the kick feel even more powerful
- Actively grab and pull to work your back muscles harder



03. POWER TRAINING 1

TRACK FOCUS

Challenge self-doubt and achieve greatness in this epic Boxing track! This is a truly uplifting piece of music which allows you to literally “let it go!”. Take your time to coach your members into the different combinations. Once you’ve achieved this, start to challenge them to believe in themselves, letting go of negative thoughts and pushing to the finish line together.

FEEL

Dance, Empowering, Motivational

MARTIAL ART

Boxing

MUSIC		EXERCISE		CTS	REPS
0:00	V1 / They say it's	2x8	Prepare to run	16	
0:06	I try and try	2x8	L, R Run OTS	2	8x
0:11	Everybody says it's not all	20x8 A	L Combat Stance L Walking Jab x2, L Jab, R Cross to L side Twist to face R R Walking Jab x2, R Jab, L Cross to R side Twist to face L (Add more snap to Jabs after 4 reps) (Add Jump to Jabs after 6 reps)	6 2 6 2	10x
1:07	C / _ Gooooooo yeah yeah yeah	8x8 B	Front Stance L, R Jab (Level 2 after 16 reps) (Punch L fist to ceiling after the last rep)	2	32x
1:30	Br / _ It's better the	1x8	Recover	8	
1:32	devil you know	3x8	L, R Run OTS (Transition to L Combat Stance on last 4cts)	2	12x
1:41	B up / I'm gonna let it go , go	4x8 C	L Combat Stance L Uppercut x2 L Hook R Hook	4 2 2	4x
1:53	C / _ goooooooo yeah yeah yeah	16x8 C ¹	Front Stance L, R Jab x8 Step B to L Combat Stance L Uppercut x2, L, R Hook L Uppercut x2, L, R Hook Step F to Front Stance (L Uppercut to finish after last rep!)	16 8 8	4x
2:38	V2 / They say it's	1x8	Recover and prepare to run	8	
2:41	better the devil	3x8	L, R Run OTS	2	12x
2:49	Everybody says it's not all	REPEAT SEQUENCES A to C1 – R			



03. LET IT GO 5:20mins

FUNDAMENTALS

This track combines speed and power with multi-directional combinations. It has a great sense of empowerment and this can come across through the way you connect, encourage and physically push yourself to achieve greatness!

TECHNIQUE & COACHING

RUN

Layer 1

- Run, right, left
- Chest lifted
- Soft knee landing

WALKING JAB X2, JAB, CROSS, TWIST

Layer 1

- Time to move off the spot; look to the right
- 2 Jabs, Jab, Cross, turn
- To the left – 2 Jabs, Jab, Cross, turn
- It's the same combination as the Warm-up

Layer 2

- Calm the heart rate down
- Reach long through the punches and pivot on the balls of your feet
- Now that we already know the moves, let's play with the levels
- Try to snap the Jab – quick, quick, quick, quick, turn
- Fast retraction on your strikes
- Both feet take off and both feet landing on the Jump Jabs
- Alright team, we are gonna see how far we can take it – jump the Jab!
- Brace your core as you turn

Layer 3

- Can you lean into the punches and chase your opponent down?
- Who's chasing the fastest?!

JAB

Layer 1

- Front Stance
- Jabs, right, left
- Rotate from center of chest
- Shoulders stay relaxed

Layer 2

- Sit into your stance, brace your core and keep chin in tight
- Level up, gear change by reaching arms longer

Layer 3

- Hold on tight!
- Welcome to your first cardio peak; feel it in your heart and lungs
- Lean in – gear change! 8, 7, 6, 5...!

UPPERCUT X2, HOOK X2

Layer 1

- Right Combat Stance
- Combo – Upper, Upper, Hook, Hook
- Right, right, right, left
- We're coming back to this soon

Layer 2

- Learn the combo and get comfortable with it

JAB X16, UPPERCUT X2, HOOKS X2

Layer 1

- Front Stance
- Jab, right, left 16, 15, 14, 13...
- Take your left foot back
- Combo – Upper, Upper, Hook, Hook
- One more time

Layer 2

- The Jabs are fast and the combo is powerful
- Keep your elbows locked in and release your back heel on the last Hook
- Ground yourselves in Front Stance and lean forward

Layer 3

- Earn your recovery... come on, it's just around the corner
- Can you show me quick, fierce and powerful strikes?!
- Let it go to the music – it's all up to you!



04. COMBAT 2

TRACK FOCUS

Strength and speed in the KATA followed by control and power when we bring in the kicks! A mixture of authentic Karate and Tae Kwon Do-inspired moves to work the entire body. The Whip Kick is a fantastic variation of the Front Kick! Use delayed timing, momentum and power to get the most from this great new move.

FEEL

Eastern, Dance, Powerful

MARTIAL ARTS

Karate and Tae Kwon Do

MUSIC			EXERCISE		CTS	REPS
0:00	V1 / Shiva shiva, shankara	2x8		Recover and introduce track	16	
0:07	Shiva , shiva, shankara	2x8		Feet together and bow	8	
				Step feet wide into Wide Front Stance	8	
0:13	Shiva shiva, shankara	4x8	A	Power KATA		
				R Side Lunge with L Low Block	4	
				R Rising Block	4	
				L Side Lunge with R Low Block	4	
				L Rising Block	4	2x
0:27	B up / Shankara , shankara, shankara	4x8	A ¹	Speed KATA		
				R Side Lunge with L Low Block	2	
				R Rising Block	2	
				L Side Lunge with R Low Block	2	
				L Rising Block	2	3½x
				(Transition to L Combat Stance)	4	
0:40	PC /	4x8	B	L Combat Stance		
				R Knee	2	
				L Whip Kick	2	
				Pulse OTS	4	4x
0:53	B up /	4x8	B ¹	R Knee, pause at top	2	
				L Hop Front Kick	2	
				Pulse OTS	4	4x
				<u>OPTION</u> : R Knee, L Front Kick without the Hop		
1:06	C / (Bass & distorted lyrics)	8x8	B ²	L Jump Kick	4	
				Shuffle B	4	8x
				<u>OPTION</u> : L Step Front Kick		
				Transition into Front Stance on last 4cts		
1:32	V2 / Shiva shiva, shankara	12x8	C	Front Stance		
				L Roundhouse Knee x2	4	
				L Side Kick	4	12x
				(Add Hop on Roundhouse Knees after 4 reps)		
				(Add power to Side Kick after 8 reps)		



04. COMBAT 2

MUSIC		EXERCISE		CTS	REPS
2:12	PC /	4x8	B	L Combat Stance	
				R Knee	2
				L Whip Kick	2
				Pulse OTS	4 4x
2:25	B up / (Distorted lyrics)	4x8	B ¹	R Knee, pause at top	2
				L Hop Front Kick	2
				Pulse OTS	4 4x
2:39	C / (Big bass)	8x8	B ²	L Jump Kick	4
				Shuffle B	4 8x
3:04	V3 / Shiva shiva, shankara	2x8		Freeze Guard	4
				Feet together and bow	8
				Step wide into Wide Front Stance	4
3:11	Shiva , shiva, shiva			REPEAT SEQUENCES A to 2nd B2	
				– R	
				Note: A is 3 reps (Freeze Guard to finish)	

04. SHANKARA 6:12mins

FUNDAMENTALS

There is a wide variety of coaching opportunities in this Combat track. To help your members learn the how and why of each move/combination, have a focus on one or two moves in particular each time you teach. Maybe focus on the 3 stages of Whip, Hop and Jump Kicks and how to generate more power in the Roundhouse Knee, Side Kick combo one week. Then another week focus on the differences in the two KATA and using maximum core control in the Hop Kick. Keeping variety and space in your coaching will speed up the learning and application of it for members.

TECHNIQUE & COACHING

SIDE LUNGE WITH LOW BLOCK, RISING BLOCK (POWER KATA)



Layer 1

- Wide Front Stance
- Low Block – right side, Rising Block – left arm, now change
- Chest lifted and abdominals braced tightly
- Power KATA

Layer 2

- Stay posturally upright – one of our 5 keys of Karate
- Create tension in your muscles
- Focus on your breath
- Keep elbows bent during the blocks
- Squeeze your shoulder blades together as you lift your chest – a little retraction is great for the posterior chain

SIDE LUNGE WITH LOW BLOCK, RISING BLOCK (SPEED KATA)

Layer 1

- Speed KATA – same thing, but faster
- 1, 2 move quicker, find the tempo
- Target inside the knee and then above the head

Layer 2

- This is where we stay relaxed until the point of impact
- Science tells us that the more relaxed we are, the faster we move

KNEE, WHIP KICK, PULSE

Layer 1

- Right Combat Stance
- Left Knee, right Whip Kick
- Like a Front Kick but you delay it until the very end

Layer 2

- Using a hip thrust momentum for this combination
- Wait until the last minute
- Like you've got a ball or a balloon and you're trying to keep it off the floor

Layer 3

- Do you feel light and lifted?

KNEE, PAUSE, HOP FRONT KICK

Layer 1

- Knee, pause, kick
- Hop on the spot
- Brace your abs on the weight transfer
- Knee out over the mid-foot in the landing
- OPTION: Stay on the floor without the Hop

Layer 2

- Really soften the knee on landing
- Apply the handbrake, pause then hop-kick

Layer 3

- Who feels their abs suddenly brace tightly as you pause?
- Fill the lungs with air and smile to yourself



04. SHANKARA 6:12mins

JUMP KICK, SHUFFLE BACK

Layer 1

- Jump Kick forward, land softly, shuffle back
- OPTION: Step Kick forward

Layer 2

- You can just raise the heart rate up if you jump on the Kick
- Swing the front arm down as you kick to drive your hip
- We are master this move through repetition

Layer 3

- You look awesome!
- It's like a steam engine! Once you leave the tracks, there ain't no stopping!
- Draw an imaginary line and then try and get past it!
- You've got 4 chances to get past it 4 times!

ROUNDHOUSE KNEE X2, SIDE KICK

Layer 1

- Weight in the left leg
- Double right Roundhouse Knee, right Side Kick
- Knee on a 45-degree angle
- Keep the kick low to start with

Layer 2

- Bend left knee to support body weight
- Push out of that supporting leg to add a little hop
- We are playing with balance training
- Once we have the balance correct we can start to increase the height and power of the kick
- Arms stay tucked in

Layer 3

- The legs and glutes are shaping and strengthening right now!
- Such a powerful combo – I love it!



05. POWER TRAINING 2

TRACK FOCUS

This track is all about variety – offering your members choices to suit them. The first option is standing work with Squats, High Knee Runs and Front Kicks!

The second option is on the floor with integrated and dynamic MMA core conditioning!

FEEL

Reggae, Party, Fun

MARTIAL ARTS

Boxing and MMA Conditioning

MUSIC		EXERCISE		CTS	REPS
0:02	Intro /	4x8	Set up Pushup position 👁️ L foot tap out/in, R foot tap out/in, Jump both feet out/in on last 8cts	32	
0:14	Take out your flag and wave	4x8	A L foot tap out/in, R foot tap out/in Jump both feet out/in OPTION: From the knees, toe tap L, R 8cts 👁️ Jack Pushup on last 4cts STANDING OPTION: Split Jack, reach L hand down; Split Jack, reach R hand down	4 4	4x
0:27	Catch something and raise it	4x8	A ¹ L foot tap out/in, R foot tap out/in Jack Pushup OPTIONS: Perform foot taps on knees, Pushup on knees Or stay with foot taps on knees STANDING OPTION: Split Jack, reach L hand down; Split Jack, reach R hand down	4 4	4x
0:40	_ Free up yourself and mash up	4x8	B L, R Mountain Climber STANDING OPTION: L, R High Knee Run	2	16x
0:51	_ Take out your flag and wave	4x8	A ¹ L foot tap out/in, R foot tap out/in Jack Pushup OPTIONS: Perform foot taps on knees, Pushup on knees Or stay with foot taps on knees STANDING OPTION: Split Jack, reach L hand down; Split Jack, reach R hand down	4 4	4x
1:04	Free up yourself and mash up	4x8	B L, R Mountain Climber	2	16x
1:17	Free up yourself and mash up	2x8	Set up Bridge position	16	
1:24	When I just dropped this tune	4x8	C Alternating Single-Leg Stamp L leg stamps out L foot down R leg stamps out R leg down 👁️ L hand taps R shoulder (on last 4cts) STANDING OPTION: L Front Kick, R Front Kick	2 2 2 2	4x



05. POWER TRAINING 2

MUSIC			EXERCISE		CTS	REPS
1:36	Catch something and raise it	2x8	C ¹	Alternating Single-Leg Stamp with Shoulder Tap L leg stamps out, R hand taps L shoulder L foot down and R hand down R leg stamps out, L hand taps R shoulder R leg down and L hand down <u>OPTION:</u> Stay with Alternating Single-Leg Stamp <u>STANDING OPTION:</u> L Front Kick, R Front Kick	2 2 2 2	2x
1:43	_ When the big	4x8	C ²	Single-Leg Stamp with Shoulder Tap L leg stamps out, R hand to L shoulder retract leg, lower hips towards floor, keeping R hand on L shoulder <u>STANDING OPTION:</u> L Front Kick	2 2	8x
1:55	Raise it, raise it, raise it, raise it	2x8	C ¹	Alternating Single-Leg Stamp with Shoulder Tap R leg stamps out, L hand taps R shoulder R foot down and L hand down L leg stamps out, R hand taps L shoulder L leg down and R hand down <u>STANDING OPTION:</u> R Front Kick, L Front Kick	2 2 2 2	2x
2:02	Free up yourself and mash up	4x8	C ²	Single Leg Stamp with Shoulder Tap R leg stamps out, L hand to R shoulder retract leg, lower hips towards floor, keeping L hand on R shoulder <u>STANDING OPTION:</u> R Front Kick	2 2	8x
2:13	Jump and mash it up	3x8	C ¹	Alternating Single-Leg Stamp with Shoulder Tap L leg stamps out, R hand taps L shoulder L foot down and R hand down R leg stamps out, L hand taps R shoulder R leg down and L hand down Hold L leg out on last rep <u>STANDING OPTION:</u> L Front Kick, R Front Kick	2 2 2 2 4	2½x



05. POWER TRAINING 2

MUSIC			EXERCISE		CTS	REPS
2:24	_ Take out your flag and wave	3½x8		Recover and transition to standing 👁️ L, R Wide Run on last 8cts	28	
2:33	_ Take out your flag and wave	3x8		L, R Wide Run	2	12x
2:43	B up / _ Take out your flag and wave	1x8		L, R Sprint (Use last 2cts to transition to L Combat Stance)	8	
2:46	_ Time machine	8x8	D	L Combat Stance L, R Uppercut x2 L, R Uppercut	4 4	8x
3:11	Raise it, raise it, raise it	2x8	D¹	L Uppercut	2	8x
3:17	Free up yourself and mash up	6x8	D²	L Uppercut x2 R, L Decoy	4 4	6x
				<u>OPTION:</u> Add a Tuck Jump to Decoy after 2 reps (L Uppercut to finish after last rep!)		
3:36	_ Take out your flag and wave	2x8		Recover	16	
3:42	_ Take out your flag and wave	1x8		R, L Wide Run	2	4x
3:45	Take out your, take out your	1x8		R, L Sprint (Use last 2cts to transition to R Combat Stance)	8	
3:48	_ Time machine			REPEAT SEQUENCES D to D2 – R		

05. 1995 4:43mins

FUNDAMENTALS

Role-model and coach both standing and on the floor options to your class members.

Remind them that both are equally beneficial and there’s certainly no such thing as an easy option! There are also multiple options when performing the exercises on the floor – giving even more variety and choice for a fully inclusive track where everyone feels successful!

TECHNIQUE & COACHING

PLANK, FOOT TAP OUT/IN, JUMP FEET OUT/IN



Layer 1

- Hands wide, outside shoulder-width
- Plank position
- Brace core tightly
- Right foot tap, left foot tap, double Jump out/in
- OPTION: Stay with foot taps on knees
- STANDING OPTION: Standing Split Jack with Reach Down left, right
- Chest stays lifted

Layer 2

- Shoulders and hips stay square to the floor
- Avoid bouncing as you move – engaging your core tighter

PLANK, FOOT TAP OUT/IN, JACK PUSHUP



Layer 1

- Foot taps out/in right, left, Jack Pushup
- OPTION: Perform foot taps on knees and Jack Pushup on knees, or stay on knees with foot taps only
- Chest no lower than elbow height

Layer 2

- Drive the floor away with your hands on the Pushup
- Remember to choose the option that suits you the most
- Hold onto the strong ab brace

Layer 3

- Can you feel the whole body working hard?!
- Functional training using just our body weight

MOUNTAIN CLIMBER

Layer 1

- Hands under shoulders
- Mountain Climber, right, left
- Brace abs tightly
- Keep shoulders/hips level, knees close to floor
- STANDING OPTION: High Knee Runs

Layer 2

- Point your elbows back squeezing under your armpits to keep upper body still
- Eyes look to the floor – keeping your neck relaxed and safe

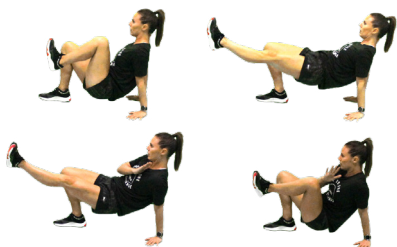
Layer 3

- Power your knee towards your chest to spike your cardio fitness!
- Integrated training at its very best right here!



05. 1995 4:43mins

ALTERNATING SINGLE-LEG STAMP



Layer 1

- Sit down on your butt
- Take your hands to the outside and lift hips up
- Right leg stamp out/in, left leg stamp out/in
- Square hips to the front
- Turn your hands out for safety
- Brace your core
- STANDING OPTION: Standing right Front Kick, left Front Kick

ALTERNATING SINGLE LEG STAMP WITH SHOULDER TAP

Layer 1

- Tap left hand to right shoulder, right hand to left shoulder
- Lean away to help with balance
- Abdominals stay tight
- Push out of opposite leg
- STANDING OPTION: Standing right Front Kick, left Front Kick
- OPTION: Stay with Alternating Single Leg Stamp

Layer 2

- This is an added stability challenge
- You can always leave out the Shoulder Tap and stay with the Leg Stamp

Layer 3

- Are you feeling it?! Stay with it – we are all in this together!

SINGLE LEG STAMP WITH SHOULDER TAP X8

Layer 1

- Turn up the heat – 8 reps on the right side
- Lean body and drive up and out of opposite heel
- STANDING OPTION: Standing right Front Kick x8

Layer 3

- Amazing oblique work here – some great ab training!
- Full-body conditioning – the results will be worth it!

WIDE RUN

Layer 1

- Come up to standing
- Wide Run – right, left
- Knees soft and chest up

Layer 2

- Swing arms by sides to lift momentum and intensity
- Light in the landing and drive up quickly again

SPRINT

Layer 1

- Bring your knees in
- Fast Sprints
- Use arms and keep chest lifted

Layer 3

- How many reps can you get in? – fast, fast, FAST!

UPPERCUT – FAST X4, SLOW X2

Layer 1

- Right leg forward
- Uppercut fast 4 times; now slow – right, left
- Bend knees and lean in a little
- Shoulders stay relaxed

Layer 2

- Just breathe here, take your time
- Chest rotates to fire up the obliques
- Keep your elbows forward of your body
- Drive out of your legs on the Uppercut

UPPERCUT X2, DECOY X2

Layer 1

- Right leg forward
- 2 Uppercuts, Decoy left, right
- 2 Uppercuts, 2 Decoys
- 45-degree angle in the elbow
- ALTERNATIVE OPTION: Step forward and back on the Decoy



05. 1995 4:43mins

UPPERCUT X2, DECOY TUCK JUMP X2

Layer 1

- Pull knees up towards chest on the Tuck Jump
- Land softly by bending knees
- ALTERNATIVE OPTION: Stay with Decoy or step forward and back

Layer 2

- Push the floor down as you leap high into the Tuck Jump
- Use momentum by swinging your arms down and up

Layer 3

- Get some air time!
- All options will get you great results and everybody out there looks great doing them!



06. COMBAT 3

TRACK FOCUS

The legs will live long lives after this track kills them first! A feast of Capoeira movements with a surprise intensity spike at the very end. Teach your members how to flow through the Capoeira moves with rhythm and agility – it’s about being fluid not powerful. For the final challenge, dial up the intensity with explosive and dynamic technique, encouraging your members to do the same.

FEEL

Dark, Atmospheric, Dramatic

MARTIAL ART

Capoeira

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	2x8		Feet shoulder-width apart – prepare for Ginga	16
0:06	V1 / Woke up in a new world	8x8	A	Wide Front Stance Ginga Step out to R foot L leg steps B Step out to L foot R leg steps B Level 2 – sink deeper, step wider after 6 reps	2 2 2 2 8x
0:32	PC / _ Push me like the wind blows	12x8	A ¹	R Half Ginga, Esquiva to the Back R foot steps out (2cts) and B (2cts) x3 Esquiva to the B 👁 R Half Ginga, R Push Kick, R Half Ginga, Esquiva to the B (on last rep)	12 4 6x
1:10	C / (Dubstep drop)	8x8	A ²	R Half Ginga, R Push Kick R Half Ginga, Esquiva to the B	8 8 4x
1:36	V2 / Where did my hope go	8x8	B	L Lunge (R leg B) Step out into Squat R Lunge (L leg B) Step out into Squat Hold L leg B in Lunge on last 4cts	2 2 2 2 8x
2:01	PC / _ Push me like the wind blows			REPEAT SEQUENCES A1 to B – L	
3:31	Outro / _ Push me like the wind blows	8x8	B ¹	R Double Impact Lunge (L leg B) Double Impact Squat L Double Impact Lunge (R leg B) Double Impact Squat <u>ADVANCED OPTION</u> : Add vertical Arm Swing after 2 reps <u>OPTION</u> : Stay on the floor	4 4 4 4 4x
3:55	Death			(Feet together – arms by sides to finish!)	



06. LIFE LONG AFTER DEATH 4:00mins

FUNDAMENTALS

There is great contrast between light, agile and fluid Capoeira and a dynamic finisher! Vary your vocal tone and facial expressions to match the music feel whilst using your role-model technique to highlight the nature of Capoeira.

TECHNIQUE & COACHING

GINGA



Layer 1

- Feet wide, knees soft
- Step onto left leg, step back on right leg
- Step out with the right leg, step back on left leg
- Chest lifted, knee out over mid-foot
- Arms stay relaxed

Layer 2

- Creating three points of a triangle
- "Ginga" is a Brazilian word meaning 'pulse' or 'move'
- Naturally let your upper body sway
- Rotate from center of chest to engage the obliques

HALF GINGA X3, ESQUIVA TO THE BACK



Layer 1

- We now change the rhythm
- Left foot – half Ginga, 3 times
- 3, 2, hold 3rd one back – drop down into backwards Esquiva
- Bend back leg, straighten the front leg and reach down into the inside of the thigh
- Lift toes of front foot on Esquiva
- Brace abs and keep chest lifted on the Esquiva

Layer 2

- Sink the hips back and down as you drop into the Esquiva
- Imagine avoiding a strike when you Esquiva back

HALF GINGA, PUSH KICK, HALF GINGA, ESQUIVA TO THE BACK



Layer 1

- Half Ginga, Push Kick, Half Ginga, Esquiva to the back
- Lean back on the Push Kick and brace abs
- Keep knee soft as you strike
- Knees out over mid-foot, brace abs, finding control

Layer 2

- This is not about snap, or power in the kick – imagine you are moving through water
- Find the flow and fight against the water

Layer 3

- Keep the combination in your mind – that's the game of Capoeira!
- It's part fight, dance and GAME, so have fun with it!

LUNGE, SQUAT

Layer 1

- Lunge on right leg, hold the Squat; Lunge on left leg, hold the Squat
- Chest up, abs braced, knee out over mid-foot
- Drop hand down on the Lunge
- Long Lunge – front thigh almost parallel to the floor

Layer 2

- Knees track forward
- Staying low in the legs or stand a little higher

Layer 3

- Strengthening your legs and glutes!
- Can anyone drop one inch deeper?



06. LIFE LONG AFTER DEATH 4:00mins

IMPACT LUNGE X2, IMPACT SQUAT X2



Layer 1

- Double Impact Lunge, left leg
- Jump and drop into it – 2 Impact Lunges
- Jump out into 2 Impact Squats
- OPTION: Double Lunge, Double Squat (stay on the floor)

Layer 2

- Propel your body out of the floor
- Swing your arms for momentum
- Drop down low soft knee landings

Layer 3

- If you want the results, you've got to work for them!
- Nothing comes easy in life – commit to this!



07. MUAY THAI

TRACK FOCUS

This final cardio peak track has great opportunities to reach our maximum efforts! Build intensity gradually by focusing on technique before challenging members to push their physical limits.

FEEL

Techno, Electro, Focused

MARTIAL ART

Muay Thai

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	4x8	Front Stance – Recover and introduce track	32	
0:11	(Heavy synth)	16x8	A L, R Jab x2 L, R Ascending Elbow L Knee x2 R Knee x2 (Max effort after 4 reps) (L Knee to finish after last rep)	4 4 4 4	8x
0:58	(Calm fade)	4x8	Recover  L Combat Stance L Combat Stance L Uppercut, R Hook, L Uppercut, R Hook (on last 8cts)	32	
1:10	B up /	4x8	B L Uppercut, R Hook x2 Pulse F, B x4	8 8	2x
1:21	(Heavy synth)	8x8	B ¹ L Uppercut, R Hook x2 L Knee x2 L Knee  L Jump Knee (on last 4cts)	8 4 4	4x
1:44	(Distorted lyrics)	8x8	B ² L Uppercut, R Hook x2 L Knee x2 L Jump Knee <u>OPTION:</u> L Power Knee	8 4 4	4x
2:07	(Calm fade)	4x8	Recover	32	
2:19			REPEAT SEQUENCES B to B2 – R		
3:17	(Calm fade)	4x8	Recover (on last 4cts, transition to Front Stance)	32	
3:29	B up /	20x8	A Front Stance L, R Jab x2 L, R Ascending Elbow L Knee x2 R Knee x2 (Max effort after 6 reps) (L Knee to finish after last rep)	4 4 4 4	10x
4:27	(Calm fade)	4x8	Recover	32	
4:39	(Heavy synth)	4x8	C L Knee x4 R Knee x4	8 8	2x
4:50	B up /	4x8	C ¹ L Knee x2 R Knee x2	4 4	4x
5:02	(Distorted lyrics)	8x8	C ² L, R Running Man Knee (L Knee to finish!)	4	16x



07. GASOLINE 5:28mins

FUNDAMENTALS

At the start and end of this track there is an opportunity to reach your maximum power output. This is where we push ourselves as much as possible to achieve true ‘max effort’ training peaks. Go there yourself as the instructor, the role-model and the motivator! Enjoy this challenge and show it! Your members will see, hear and feel this from you and they will want to go there with you!

TECHNIQUE & COACHING

JAB X4, ASCENDING ELBOWS, DOUBLE KNEES

Layer 1

- Front Stance
- Jab, right, left – 4 times
- Ascending Elbows right, left
- Double right knee, double left
- Chest lifted and abs braced

Layer 2

- Open your hand on the Ascending Elbows
- Lift elbow straight up and turn chest

JABS X4, ASCENDING ELBOWS, DOUBLE KNEES (MAXIMUM EFFORT)

Layer 1

- Round 1 of our maximum efforts
- Dial up the effort now

Layer 2

- Reach the Jabs longer
- Twist chest faster on the Ascending Elbows
- Drive knees higher

Layer 3

- Maximum effort creates maximum power and results!
- That intensity level looks great out there – well done everyone!
- This is track number 7 – you should be breathing heavily here!
- Everything you’ve got, team – come on!

UPPERCUT, HOOK, UPPERCUT, HOOK, PULSE

Layer 1

- Right Combat Stance
- Upper, Hook, Upper, Hook, Pulse forwards and back
- Keep guard high

Layer 2

- No real power needed here – take it easy

UPPERCUT, HOOK, UPPERCUT, HOOK, KNEE X3

Layer 1

- We add on 3 Knees, 3 levels
- Right Knee, level 1, level 2 and level 3
- Pull hands down to the waistline

Layer 2

- As the levels go up you start to reach a little higher with the hands
- Keep your hands together on the Knee so you always engage the core

UPPERCUT, HOOK, UPPERCUT, HOOK, KNEE X2, JUMP KNEE

Layer 1

- Level 1, level 2, Jump Knee
- Land softly, bending your knees
- Chest high
- OPTION: Stay on the floor with Power Knee

Layer 2

- Swing arms up high to lift up in the Jump Knee
- “You’ll still get great results by staying down; do what feels good”
- It’s like a Tuck Jump – get up and push your knee forward

Layer 3

- How high are you jumping today?!
- It feels awesome just to give it a go – right?
- Burning so many calories right now!



07. GASOLINE 5:28mins

KNEES

Layer 1

- Final round – drop set
- 4 right Knees, 4 left Knees
- Hands reach high and pull down
- Double right knee, double left knee

Layer 3

- We are not coming back here – let's finish this together
- We are heading into what we call "The Finisher"
- Alright team, here we go – time to empty the tank!

RUNNING MAN KNEES

Layer 1

- Running Man Knees – right, left
- Lean your body forward and swing arms

Layer 3

- Time to empty the tank completely!
- By the end of this track we swear you're gonna get results but you've got to work hard
- Leave no-one behind – we go there together!



08. POWER TRAINING 3

TRACK FOCUS

This is a huge Boxing track to connect feelings of mental strength to physical endurance!

It all starts in the mind – success or failure. Guide your members on their personal journey of finding a ‘Not Giving In’ mindset in order to physically push through fatigue and reach the finish line together.

FEEL

Successful, Motivating, Empowering

MARTIAL ART

Boxing

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / (Faint sounds)	4x8	Recover		32	
0:11	V1 / Take my hand, we can find	4x8	L Shoulder Stretch		16	
			R Shoulder Stretch		16	
0:22	I know it's hard for you	8x8	L, R Run OTS		2	32x
			👁️ Transition to L Combat Stance			
			Jab x2, R Hook on last 8cts			
0:44	PC / When you gave away the	8x8	A	L Combat Stance	2	
				Combo	2	16x
				L Jab x2		
				R Hook		
1:06	C / Not giving in	16x8	A ¹	Front Stance	16	
				L, R Jab x8		
				L Combat Stance		
				Combo x4	16	4x
				(L Hook to finish!)		
1:51	Br / (Fade out)	4x8	Recover		32	
2:01	V2 / _ Don't pretend to understand	12x8	B	Front Stance	4	
				L Uppercut, L Hook	4	12x
				R Uppercut, R Hook		
				(Add power to Hooks after 8 reps)		
2:34	PC / When you gave away the	8x8	B ¹	L, R Jab x4	8	
				L Uppercut, L Hook	4	
				R Uppercut, R Hook	4	4x
2:57	C / Not giving in	8x8	C	L, R Jab	2	32x
				(Level 2 after 16 reps)		
				(L fist to the ceiling to finish!)		
3:19	(Fade out)	4x8	Recover		32	
3:29	V3 / _ Take my hand, we can find	12x8		L, R Run OTS	2	48x
				(Level 3 after 32 reps)		
				(On last 4cts, transition to R Combat Stance)		
4:02	PC / When you gave away the	REPEAT SEQUENCES A to C – R				



08. NOT GIVIN' IN 6:41mins

FUNDAMENTALS

The lyrics say it all! Tap into a 'champion mindset' as you coach your class to think positively and to have self-belief and bravery in this last standing track. At this point we are all fatigued – yet we know that if we believe, we will achieve! Use strong motivational coaching to keep members in the zone – they will need strength from you but, more importantly, they still need to find strength in themselves!

TECHNIQUE & COACHING

RUN

Layer 1

- Run – right, left
- Chest up and abs braced
- Land with knees soft

Layer 3

- Right about now you feel your back against the wall; your mind is your strongest muscle
- When you think you have nothing left, there's always that extra 10% !
- Heart will take us that extra mile

JAB X2, HOOK COMBO

Layer 1

- Right leg forward
- Double Jab, left Hook
- Elbow soft on the Jab
- Chin tucked in

Layer 2

- Reach arm long and twist chest to fire up the obliques
- Release back heel and whip your hip on the Hook

Layer 3

- Tell yourself you're not giving in – it all comes down to right now!
- How, are you going to fight back when your backs against the wall?!

JABS X16, JAB X2, HOOK COMBO X4

Layer 1

- Front Stance
- Jabs – right, left
- 16, 15, 14, 13, ...
- Left leg back in Combat Stance
- Double Jab, Hook – 4 times
- Back to Front Stance – Jabs, x16

Layer 2

- Turn your shoulders to reach a little further (Jabs in Front Stance)
- Step back, elbows in and whip the hip from the back (combo in Combat Stance)
- Each punch gets progressively heavier

Layer 3

- Stay in the workout; keep focused
- Imagine a big heavy Boxing bag in front of you... now knock it off the chains!
- Don't give in because you've got this!

UPPERCUT, HOOK, UPPERCUT, HOOK

Layer 1

- Feet wide
- Upper Hook right and left
- Under and over

Layer 2

- Pull back so you've got somewhere big to go to
- Take your time to catch your breath
- Settle your mind and find a level that works for you

Layer 3

- When you feel good again, bring back the power! You ready?!
- Feel the music build and the energy expand!



08. NOT GIVIN' IN 6:41mins

JAB X8, UPPERCUT, HOOK, UPPERCUT, HOOK

Layer 1

- 8 Jabs to the front, right, left
- Uppercut, Hook, right and left

Layer 2

- You tell yourself I'll never stop, I'm never giving in!

JABS

Layer 1

- Just the Jabs – 30 seconds
- Chin tucked in, bend knees, roll, roll

Layer 2

- Bigger twist in the torso for rotational power
- Reach longer through the Jab now

Layer 3

- It's all you – become your biggest motivator
- Who's going to level up?! C'mon, I know you can!
- If the struggle is real so is the strength!



09. CONDITIONING

TRACK FOCUS

This Conditioning track has an option to use a light to moderate weight plate.

Coach the various options throughout so everyone feels successful. With a song like this it's impossible not to have fun while developing more strength and stability in the your core.

FEEL

Nostalgic, Rap, Attitude

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / _ And with the local DDC news	4x8		Set-up Plank position on toes	32	
0:09	V1 / Don't call it a comeback	8x8	A	L foot taps out/in R foot taps out/in	4 4	8x
				<u>OPTION</u> : Kneeling Plank – L foot taps out/in, R foot taps out/in (8cts)		
0:28	Don't you dare stare	4x8	A ¹	L foot taps out/in, R hand taps L shoulder R foot taps out/in, L hand taps R shoulder	4 4	4x
				<u>OPTION 1</u> : On toes, no Shoulder Tap <u>OPTION 2</u> : Kneeling Plank with Shoulder Taps		
0:37	C / I'm gonna knock you out	8x8	B	Wide Climber L foot taps out, L knee to L elbow L foot taps out and back in R foot taps out, R knee to R elbow R foot taps out and back in	4 4 4 4	4x
				<u>OPTION</u> : Wide Climber from kneeling; keep foot off floor instead of tapping out		
0:56	Br / Gangsta boogie, gangsta boogie	4x8		Transition to lying on back, lie side-on to front, legs and arms vertically straight  Criss-Cross Legs (on last 8cts)	32	
				<u>OPTION</u> : Use light/moderate weight plate <u>ADVANCED OPTION</u> : Drop legs to 45° on last 3 reps		
1:06		8x8	C	L, R Criss-Cross Legs (Keep hands/plate pushing to ceiling, arms straight and still)	8	8x
1:24	V2 / Don't you call this a regular	4x8		Recover and transition to Plank position	32	
1:33	Just like Muhammad Ali	4x8	A	L foot taps out/in R foot taps out/in	4 4	4x
1:43	Why do you riff with me a maniac	10x8	A ¹	L foot taps out/in, R hand taps L shoulder R foot taps out/in, L hand taps R shoulder	4 4	10x



09. CONDITIONING

MUSIC				EXERCISE	CTS	REPS
2:06	C / I'm gonna knock you out	8x8	B	Wide Climber L foot taps out, L knee to L elbow L foot taps out and back in R foot taps out, R knee to R elbow R foot taps out and back in	4 4 4 4	4x
2:25	Br / Gangsta boogie, gangsta boogie	4x8		Transition to lying on back, lie side-on to front, legs and arms vertically straight <u>OPTION:</u> Use light/moderate weight plate	32	
2:35		10x8	C	L, R Criss-Cross Legs (Keep hands/plate pushing to ceiling, arms straight and still) (Drop legs to 45° on last 3 reps)	8	10x
2:59	V3 / Don't you call this a regular	4x8		Recover and transition to Plank position	32	
3:09	Just like Muhammad Ali	8x8	A	L foot taps out/in R foot taps out/in	4 4	8x
3:28	The ripper will not allow, you to get	6x8	A ¹	L foot taps out/in, R hand taps L shoulder R foot taps out/in, L hand taps R shoulder	4 4	6x
3:41	C / I'm gonna knock you out	8x8	B	Wide Climber L foot taps out, L knee to L elbow L foot taps out and back in R foot taps out, R knee to R elbow R foot taps out and back in	4 4 4 4	4x
4:00	Outro / Gangsta boogie, gangsta boogie	3x8	D	Hold Plank position (On knees or toes)	24	

09. MAMA SAID KNOCK YOU OUT 4:08mins

FUNDAMENTALS

There are levels to increase or decrease intensity and complexity in this Conditioning track. Role-model and coach each one so your members have freedom of choice to find the right level to challenge themselves whilst maintaining great technique.

TECHNIQUE & COACHING

PLANK WITH FOOT TAP OUT/IN

Layer 1

- Plank position
- Hands under shoulders
- Brace abs tightly
- Hips and shoulders square to the floor
- OPTIONS: On knees or toes
- Right foot tap to side, out/in – left foot tap to side, out/in

Layer 2

- Keeping hips really still, the abdominal brace is really important
- Step the foot out with control

Layer 3

- Who's like Muhammad Ali?

PLANK WITH FOOT TAP WITH SHOULDER TAP



Layer 1

- Left hand, right hand
- Hand taps opposite shoulder
- Shoulders and hips stay level with the floor
- OPTION: Add load with a stability challenge
- OPTIONS: On knees or toes

Layer 2

- It's a great stability challenge – brace abs tighter here
- Remember you can always take out the Shoulder Tap

Layer 3

- If you're on your knees, how about trying it on your toes?
- This is outstanding integrated core work!

WIDE CLIMBER

Layer 1

- Hands under shoulders
- Right leg out, knee in – change sides
- Knee comes towards the elbow
- OPTIONS: On knees or toes

Layer 2

- Recover any time you need to, join straight back in when you're ready
- Strength in stillness – keep upper body motionless
- Keep pushing your hands firmly into the floor to stabilize your shoulders

Layer 3

- "Mama said knock you out!" – "I'm gonna knock you out!"
- This Conditioning track is going to knock you out!
- Can you get your knee to give your triceps a kiss?!

CRISS-CROSS LEGS IN PIKE CRUNCH (OPTIONAL PLATE)



Layer 1

- Lie on your back
- Lower back towards the floor
- Feet up, legs wide, arms up
- Criss-Cross legs
- Tuck chin in
- Shoulders off the floor
- OPTION: Only use a weight plate

Layer 2

- Keep shoulders peeled up off the floor higher
- Using the momentum of the legs, it trains the abs in an exciting way
- Keep pressing hands up to work upper abs

Layer 3

- The challenge is taking your legs to 45 degrees – you feel that?!
- How's that burning sensation?!



10. COOLDOWN

TRACK FOCUS

Time to give your body the reward it deserves! Gently take your members through these valuable stretches with a focus on coaching each option so they can find what’s best for them. It’s about feeling muscle tension – a gentle stretch rather than an uncomfortable feeling. The song is soft, soulful and uplifting so match your style of teaching to it. Everyone is different, every day is different, and we must be kind and gentle on our bodies so just take it easy and enjoy this stretch together.

FEEL

Soulful, Instrumental, Uplifting

MUSIC			EXERCISE	CTS	REPS
0:02	V1 / _ I’ve got a song I ain’t got no	8x8	Lying Adductor Stretch (Soles of feet together)	64	
0:22	C / Will it go round in circles	8x8	Hamstring Stretch – F leg Knees together and to back of room	56 8	
0:41	V2 / I’ve got a story, ain’t got no moral	8x8	Lying Lower Back Stretch – to B (Knees stacked) (Option to take top knee over further after 32cts)	64	
1:01	C / _ Will it go round in circles	8x8	Lying Glute Stretch – F leg (Legs in the middle, F ankle over B knee and reach through to hold B leg)	64	
1:21	V3 / I’ve got a dance	8x8	Hamstring Stretch – B leg Knees together and to front of room	56 8	
1:40	C / Will it go round in circles	8x8	Lying Lower Back Stretch – to F (Knees stacked) (Option to take top knee over further after 32cts)	64	
2:00	Br /	8x8	Lying Glute Stretch – B leg (Legs in the center, B ankle over F knee and reach through to hold F leg) (On last 8cts, transition to R Hip Flexor Stretch)	64	
2:19	C / Will it go round in circles	8x8	R Hip Flexor Stretch (R Tricep Stretch after 16cts)	64	
2:39	V4 / I’ve got a song I ain’t got no	8x8	R Kneeling Adductor Stretch (Turn B leg in, sink forwards into Adductor Stretch)	64	
2:58	C / Will it go round in circles	8x8	L Hip Flexor Stretch (L Tricep Stretch after 16cts)	64	
3:18		8x8	L Kneeling Adductor Stretch (Turn B leg in, sink forwards into Adductor Stretch) (Transition to standing on last 8cts)	64	
3:37	Will it go round in circles	8x8	L Quadricep Stretch	64	
3:57	(Harmonica)	8x8	R Quadricep Stretch	64	
4:16	Outro /		Feet together and take a bow! (L fist to R palm)		



10. WILL IT GO ROUND IN CIRCLES 4:28mins

FUNDAMENTALS

Try making ‘move to muscle’ links so your members understand more about the way our bodies work in BODYCOMBAT. Notice how Rach will directly link between certain kicks when performing certain stretches on the Masterclass. Members like to learn! Give them information to help them see the importance of stretching and how it will benefit them in their next BODYCOMBAT class.

TECHNIQUE & COACHING

LYING ADDUCTOR STRETCH



Layer 1

- Lie on your back
- Soles of feet together
- Knees gently drop out to the sides
- Shoulder blades on the floor

LYING HAMSTRING STRETCH



Layer 1

- Knees together
- Front leg extends
- Hold your calf muscle or hamstring
- Push your hips onto the floor

Layer 2

- As we are stretching between the glutes and knee, relax your foot to take pressure off the calf

LYING LOWER BACK STRETCH



Layer 1

- Knees together and drop away from the front
- Shoulder blades stay on the floor
- Hips stacked
- Feel a release through the back

Layer 2

- If you want to deepen the stretch, just release the top leg
- Adjust yourself so your hips are nicely aligned

LYING GLUTE STRETCH



Layer 1

- Hook your top ankle to bottom knee
- Pull back – legs to center
- Reach through the window
- OPTION: Drop back foot down to floor and push knee away while pulling ankle towards you

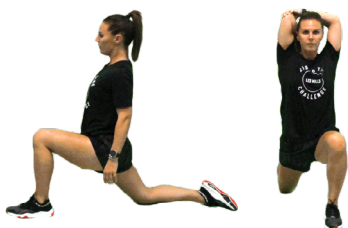
Layer 2

- All those Side Kicks, all those Lunges – get that glute stretch in



10. WILL IT GO ROUND IN CIRCLES 4:28mins

HIP FLEXOR/TRICEPS STRETCH



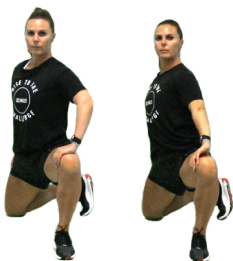
Layer 1

- Right leg forward
- Hip Flexor Stretch
- Left arm reaches up and into a Triceps Stretch
- Hip and triceps stretch
- Glute squeezed

Layer 2

- Relax the head, tuck the chin in – that'll take the pressure off the neck
- All of our Knees and Kicks come through the hips so it's really good to give them a little more range of motion

KNEELING ADDUCTOR STRETCH



Layer 1

- Right leg is forward
- Back leg turns in
- Sink hips forward into an Adductor Stretch
- Back hand to lower back and push hip forward a little more
- Chest lifted then lean away to the back

QUADRICEPS STRETCH



Layer 1

- Quad Stretch
- Balance by bracing abs
- Heel close to butt
- Knees together and chest lifted
- Light glute engagement, increasing the stretch



GLOSSARY

FRONT STANCE

STANCE

- Body faces the front
- Feet wider than shoulders, toes forward
- Knees soft and aligned with toes, abs braced
- Chest lifted
- Weight centered

COACHING

Layer 1

- Front Stance
- Face your body to the front, jump your feet wide, bend your knees
- Feet wider than shoulders for stability



COMBAT STANCE

STANCE

- Lead leg forward
- Feet shoulder-width apart
- Front foot facing target, rear foot at 45 degrees
- Chest and hips align and more face forward, not side-on
- Body weight centered and lean slightly forward, abs braced
- Knees soft

VARIATION 1:

- Boxing – back heel lifted, balanced weight distribution

VARIATION 2:

- Tae Kwon Do – slightly wider stance, bent knees, up on toes (constant movement)

VARIATION 3:

- Karate – wider stance, more knee bend, sit lower and firmly on the floor

COACHING

Layer 1

- Combat Stance
- Take your right foot forward
- **Bend your knees**





GLOSSARY

BOXING GUARD

STANCE

- Either Combat or Front Stance
- Back heel off the floor (Boxing Stance)
- Chin tucked in
- Knuckles to jawbone/cheeks – protecting face
- Elbows tucked in to ribs
- Shoulders slightly rounded

COACHING

Layer 1

- Slightly round your shoulders
- Boxing Guard
- Hands up by your face
- Get your elbows in – keep it nice and tight



MARTIAL ARTS GUARD

STANCE

- Combat Stance, feet slightly wider
- On your toes and agile
- Tight fists
- Hands slightly lower than chin and in front of chest
- Front arm extended slightly away from body
- Rear arm in with forearm touching ribcage
- Elbows soft and facing down
- Knuckles angle to the front

COACHING

Layer 1

- Martial Arts Guard
- Get your hands up and out in front of you. Front arm out, back arm tight to the body
- Pull shoulders back
- Brace abs
- Tension in the arms
- Get on the balls of your feet and stay agile, ready to move quickly





GLOSSARY

HOOK

GUARD

- High Boxing Guard
- Knuckles to chin
- Elbows tucked in to ribs
- Chin tucked in
- Shoulders slightly rounded

PREPARATION

- Body weight centered and firmly on the floor
- Transfer weight onto opposite leg
- Draw opposite shoulder back
- Release knuckles from jaw with bent elbow
- Rotate hip, torso, chest and shoulder into the punch
- Release heel of striking side
- Brace abs and engage obliques

STRIKE

- Target Zones: The jaw or ribs of your opponent
- Aim at least 2 inches (5 cm) past the target
- Strike Surface: First two knuckles, palm down
- Elbow forward of the shoulder
- Elbow 90 degrees maximum
- Elbow at shoulder height with forearm parallel to the floor
- Punch to the jaw
- Retract along same path back to Guard position
- Non-punching hand remains at guard for protection

COACHING

Layer 1

- Hook
- Target Zones: Jaw or temple
- Release your heel and turn your knee, hip and body
- Elbow at 90 degrees
- Abs braced



UPPERCUT

PREPARATION

- Weight in front leg
- Rotate the torso, bringing the back shoulder forward
- Bend knees
- Drive forward from the legs and hips
- Release heel as you load for extra rotation
- Recruit obliques and abdominals

STRIKE

- Strike Surface: First two knuckles, palm facing you
- Target Zone: Under the chin

COACHING

Layer 1

- Uppercut
- Strike Surface: First two knuckles
- Target Zone: Under the chin
- A driving vertical punch
- Abs braced





GLOSSARY

JAB

PREPARATION

- Rotate the torso to bring the shoulder forward
- Relax the shoulders
- Push weight off the back foot and into the front foot by lifting the heel

STRIKE

- Punch the lead hand forward in a straight line
- Rotate the wrist. Elbow turns out as the arm extends, keeping elbow soft
- Target Zones: The nose, lip, chin or stomach of your opponent
- Strike Surface: The first two knuckles of the fist
- Return the fist back to Guard position

COACHING

Layer 1

- Jab
- Aim for the nose, lip or chin using the big two knuckles
- **Keep elbow soft**
- Return your fist to Guard position
- Abs braced



CROSS

PREPARATION

- Rotate the torso to bring the back shoulder forward
- Add hips and heel rotation to reach the target
- Body weight moves from back to front, driving force from the floor through the leg, hips, torso, shoulder and out through the fist

STRIKE

- Target Zones: The nose, lip, chin or stomach of your opponent
- Strike Surface: First two knuckles, palm and thumb down
- Extend through the shoulder girdle
- Relax until the point of 'contact'

COACHING

Layer 1

- Cross
- Aim for the nose, lip or chin using the big two knuckles
- Keep elbow soft
- Return your fist to Guard position
- Release back heel
- Abs braced





GLOSSARY

FRONT KNEE

PREPARATION

- Step back foot in to balance weight, turning back toes out slightly
- Reach arms up and forward
- Load the hips by sitting back slightly
- Abs contract as the knee lifts

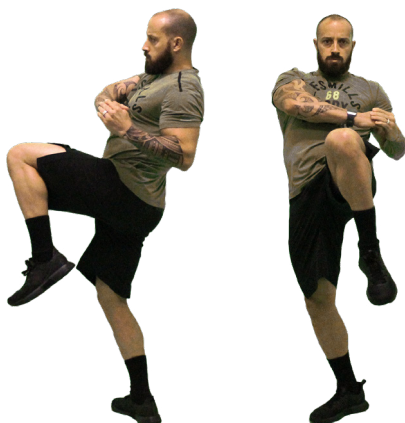
STRIKE

- Strike Surface: Top of the knee
- Target Zones: The stomach, groin, legs or head of your opponent
- Lift your knee up in a straight line and push your hips forward
- Keep your heel close to your butt
- Push hips forward and lean back, pulling both hands to same side hip
- Return to stance

COACHING

Layer 1

- Front Knee
- Target the ribs/stomach of your opponent
- Striking knee comes up and forward
- Shoulders back, abs braced to protect your lower back



FRONT KICK

PREPARATION

- Step back foot in to balance weight, lean back turning back toes out slightly
- Shift weight into back leg
- Lift the knee and point it to the target
- Keep your heel close to your butt
- Brace abs

STRIKE

- Target Zones: The knee, groin or stomach level
- Strike with the ball of the foot
- Extend your leg forward at the knee
- Push hips forward and lean back, bracing abs tighter
- Retract heel back towards your butt before returning to stance

COACHING

Layer 1

- Front Kick
- Target Zones: Thigh, stomach or chest level
- Strike with ball of the foot
- Shoulders lean backwards; abs braced to protect the lower back





GLOSSARY

SIDE KICK

PREPARATION

- Set your heel in line with the target
- Back foot directly under the body and soft knee bend in back leg
- Transfer weight to the back foot and lean body away from the target but keep head up for balance
- Draw knee up and in front of the body towards the chest across the center line
- Pull up through the arch of the kicking foot, pushing the ankle out to create a blade with outside of foot
- Toes down slightly and heel turned up slightly
- Extend same arm as kicking leg to keep balance
- Opposite arm fist to ribs with knuckles facing down
- Engage obliques and glutes

STRIKE

- Target Zones: Knee, thigh, hip, stomach, head or throat (advanced)
- Brace abs and use glutes
- Extend the knee to a straight leg with your toes angled down slightly
- Hips and knee of kicking leg face more forward, not down to floor
- Lean body shoulders away but keep head up
- Strike with the edge or heel of the foot

COACHING

Layer 1

- Side Kick
- Brace abs
- Draw the knee in and load the kicking leg
- Strike with your heel or blade of foot
- Turn toes down and heel up
- Retract kicking leg on the way back in landing in Combat or Front Stance



ROUNDHOUSE KICK

PREPARATION

- Step the rear foot in under the body with heel towards (¾) target
- Slight bend in supporting knee
- Brace abs and lead away with head up for balance
- Extend leading arm for balance, rear arm into ribs with knuckles facing up
- Push hips forward to open them as you lift your knee to hip height; ideally knee, hips and shoulders are in alignment and knee pointing towards target
- Shin parallel to the floor, heel towards butt and toes pointed

STRIKE

- Strike Surface: Lower shin
- Target Zones: Leg, body, shoulder or head
- Extend lower leg from knee to toes
- Retract in same path of movement

COACHING

Layer 1

- Set your heel towards your target
- Lean upper body away and look towards your target
- Pre-load and then open your hips and lift your knee up, shin parallel to floor
- One arm out for balance, other arm tucked in
- Retract lead leg back to the pre-load position





GLOSSARY

BACK KICK

PREPARATION

- Step front foot back underneath body to balance your weight
- Look over your shoulder
- Shift your weight into the front leg
- Drop the torso forward as you lift and bend the back knee
- Take a small lean forwards
- Brace abs

STRIKE

- Strike Surface: The heel of your foot
- Target Zones: Knee, groin or stomach
- Lift the back leg by bringing the knee slightly up and out
- Push your heel behind you and kick with your toes turned downwards
- Retract the knee back in before returning to stance

COACHING

Layer 1

- From Guard position
- Strike Surface: Heel of the foot
- Target Zones: Groin or stomach
- Look over rear shoulder, kick with back leg
- Retract the knee back in to stance position
- Drop the torso forward
- Hands back to Guard position



JUMP KICK

PREPARATION

- Step and Kick, left, right
- Squeeze glute and use hip to fire the Kick

STRIKE

- Target Zones: Aim Kick to stomach, striking with ball of foot

COACHING

Layer 1

- Lean shoulders back and brace abs tightly
- Land softly by bending knees
- The Jump Kick is long and low





GLOSSARY

DESCENDING ELBOW

PREPARATION

- Release heel of striking side and elbow simultaneously
- Rotate hip, torso and shoulder
- Engage obliques
- Lift elbow up to the diagonal

STRIKE

- Strike Surface: Point of elbow and forearm
- Target Zone: The eyebrow of your opponent
- Lift elbow upwards and forward of the face
- Strike downwards in a diagonal line
- Finish hand under arm, close to chest
- Rotate your hips and heel, using the whole body to strike

COACHING

Layer 1

- Descending Elbow
- Strike Surface: Forearm and elbow
- Target Zones: Jaw, temple or the bridge of the nose
- Lift the elbow high and strike diagonally down
- Crunch abs



ASCENDING ELBOW

PREPARATION

- Release heel of striking side
- Rotate hip, torso and shoulder
- Engage obliques

STRIKE

- Target Zone: The chin of your opponent
- Strike Surface: The point of the elbow and forearm
- Keep your arm flexed and follow an ascending vertical line
- Hand to the back of your shoulder
- Lift ribs and chest as you rotate
- Opposite hand either in Guard position or to waist (release specific)
- Use your legs to drive up the power

COACHING

Layer 1

- Ascending Elbow
- From Muay Thai or Boxing Guard
- Strike Surface: Forearm or elbow
- Target Zone: Jaw





GLOSSARY

MID BLOCK / OUTER BLOCK

PREPARATION

- Rear arm may move across body
- May have slight elevation by extending the legs

STRIKE

- Leading arm draws up towards rear shoulder
- Sweeps in front of body, knuckles rotate 180 degrees
- In line with shoulder
- Elbow bent
- Strike Surface: Forearm

COACHING

Layer 1

- Mid block
- Tension in fist and forearm
- Blocking technique
- Arm/fist in line with shoulder
- Abs braced
- Weight in the heels, bend the knees, chest up, abs braced and exhale to lock the ribcage down



LOW BLOCK

PREPARATION

- Squeeze fists
- Chest up and back straight
- Front forearm and rear forearm may cross in front of the mid-line of the body, front forearm in front of the rear forearm
- May have slight elevation from low stance by extending the legs

STRIKE

- Leading arm draws up towards rear shoulder
- Hammer-like action, diagonally down with arm and fist
- Arm extends and fist stops in line with inside of lead leg knee
- Elbow soft but arm rigid with tension in muscles
- Strike Surface: Forearm
- Non-blocking arm, fist to ribs with knuckles facing up
- Chest stays up, back long and straight, shoulders stacked directly above hips

COACHING

Layer 1

- Low Block
- Cross your arms in front
- Strike down fist to knee
- Your forearm blocks your opponent's kick
- Squeeze your fist and fully extend at the elbow. (Be mindful of not hyper-extending it and snap-locking at the joint)
- Brace abs
- Stay grounded and posturally upright





GLOSSARY

RISING BLOCK

PREPARATION

- Rear arm may move across body or arms cross in front before rising
- May have slight elevation by extending the legs
- Low and loaded in legs

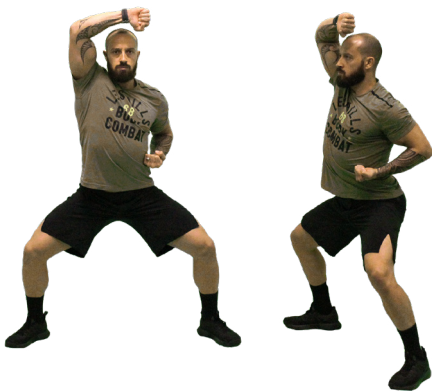
STRIKE

- Strike Surface: Outside edge of forearm
- The blocking arm drives up and stops above the head
- A fast flick at the top and wrist faces out
- Tense muscles strongly for authenticity
- Opposite arm to waist
- Sink into legs if in wide Karate Stance

COACHING

Layer 1

- Rising Block
- Protect yourself against an attack from above
- Raise the forearm above the head, stopping between 90 and 45 degrees
- Tension in the forearm
- Brace abs – to keep ribs down
- Exhale as you block
- Sink lower into your stance by bending at the knees to create a stable base





WE ARE THE LES MILLS TRIBE

We are a global family of leaders, passionately devoted to creating a healthy planet.

We fearlessly inspire others to discover their true potential by falling in love with exercise.

Exercise is our global movement. Millions of us bind together every day to unite through sweat. Our movement shakes the world.

Music is our soul. It drives us, focuses us, gives us passion.

We remove the boundaries of judgment and empower all people to enjoy the unique benefits of movement. While honoring our heritage, we set course for the future. Looking to inspire, innovate, and create as much as humanly possible.

We are ludicrous enough to believe that we can change the world.

We are the Les Mills Tribe.

OUR DECLARATION OF INTENT

The Les Mills global family is made up of 17,500 fitness clubs, 130,000 instructors and millions of participants from 100 countries around the globe.

Separated by geography, religion, race, color and creed, we are united in our love of movement, music and the pursuit of healthy living, both for ourselves and our planet.

At Les Mills we believe in the dignity of each individual within our community and strive to respect the rights and freedoms of all.

In our choice of role models, music and movements we understand that different people and societies have different standards for dress, popular culture and dance.

We also know that what is considered appropriate in some contexts can be seen as inappropriate in others.

As a company that leads group fitness experiences for millions of people every day, we walk a fine line between delivering cutting-edge, innovative products and ensuring that accepted norms are upheld and respected.

Choosing, licensing and matching choreography to the right music is a huge challenge! We screen the music we use and try to avoid language and references that may cause offense. If we can, sometimes there will be an alternative track (at the bottom of the track list) for you to use instead.

We embrace open communication with our global family so differences of opinion can be expressed, and compromises reached.

Above all, we are passionate about delivering life-changing fitness experiences, every time, everywhere.

